

I claim:

1. A device for practicing and playing a sporting activity requiring the use of a projectile and for use by one or more individuals, said device comprising:
 - a base;
 - a pair of substantially vertical members supported by said base;
 - a horizontal member associated with said vertical members and extending substantially horizontally therebetween;
 - a first mechanism for selectively adjusting the vertical position of said horizontal member relative to said vertical members;
 - a second mechanism for selectively adjusting the horizontal position of said vertical members relative to the length of said horizontal member to define a first projectile target area between said horizontal and vertical members for the throwing and kicking of a projectile therethrough by one of the individuals utilizing said device;
 - a target loop defining a second projectile target area for the throwing and kicking of a projectile therethrough by one of the individuals utilizing said device, said target loop being mountable to said horizontal member within said first projectile target area;
 - a third mechanism for selectively adjusting the position of said target loop along said horizontal member between said vertical members;
 - and
 - an arm extension attaching said target loop to said horizontal member and including a fourth mechanism for variably adjusting the distance between said target loop and said horizontal member within said first projectile target area.

2. The device as claimed in claim 1, wherein said horizontal member comprises a cross bar interengaging said vertical members.
3. The device as claimed in claim 1, wherein said first mechanism comprises a pair of attachment pins interengaging an aperture disposed in each end of said horizontal member and one of a plurality of apertures disposed in each of said vertical members.
4. The device as claimed in claim 1, wherein said second mechanism comprises a pair of attachment pins interengaging an aperture disposed in each of said vertical members and one of a plurality of apertures disposed in each end of said horizontal member.
5. The device as claimed in claim 1, wherein said third mechanism comprises an elongated attachment pin projecting from said arm extension and one of a plurality of apertures disposed along the length of said horizontal member.
6. The device as claimed in claim 1, wherein said fourth mechanism comprises an elongated attachment pin projecting from said arm extension and a plurality of compression clips disposed along the length of said attachment pin.
7. The device as claimed in claim 1, wherein said first and second adjustment mechanisms are the same.

8. The device as claimed in claim 7, wherein said first and second adjustment mechanisms comprise a plurality of apertures disposed along the length of said horizontal member and a plurality of apertures disposed along the length of each of said vertical members, and a pair of removable attachment pins interengaging an aperture of each said vertical member and an aperture of said horizontal member.
9. The device as claimed in claim 1, wherein said third and fourth adjustment mechanisms are the same.
10. The device as claimed in claim 9, wherein said third and fourth adjustment mechanisms comprise a plurality of apertures disposed along the length of said horizontal member, and a plurality of compression clips disposed along the length of said arm extension, said arm extension being in the form of an elongated attachment pin engageable within said horizontal member apertures.
11. The device as claimed in claim 1, wherein said vertical members selectively project above said horizontal member to further define said first target area.
12. The device as claimed in claim 11, wherein each said vertical member comprises a pair of tubular elements telescopically interconnected to enable variable length adjustment thereof.

13. The device as claimed in claim 1, wherein said fourth adjustment mechanism further provides angular adjustment of the plane defined by said second target area relative to the plane defined by said horizontal and vertical members.
14. The device as claimed in claim 1, wherein said target loop comprises an annular member disposed above said horizontal member and defining an enclosed target opening for the passage of said projectiles.
15. The device as claimed in claim 1, wherein said base comprises a pair of stand assemblies each supporting one said upright member on a ground surface.
16. The device as claimed in claim 1, wherein said device further comprises a target assembly having a support structure and a netting carried by said support structure for receiving a projectile passing through said projectile target area.
17. The device as claimed in claim 16, wherein said target assembly is selectively movable and securable to a ground surface to provide diverse practice and training activity for individuals utilizing said device.
18. The device as claimed in claim 17, wherein the support structure of said target assembly is adjustable in height and width to provide a selectively variable target window, the netting carried by said adjustable support

structure being of sufficient size and shape to cover the variable sized target window.

19. A football training and gaming device for use by one or more individuals for practicing and playing football passing and kicking, said device comprising:

- a base;
- a pair of vertical upright members supported by said base;
- a cross bar engaging said upright members and extending substantially horizontally therebetween;
- a first coupling mechanism for selectively adjusting the vertical position of said cross bar relative to said upright members as well as for selectively adjusting the horizontal position of said upright members relative to the length of said cross bar, said cross bar and upright members defining a first target area for the passing or kicking of a football by one of the individuals utilizing said device;
- a target loop defining a second target area for the passing or kicking of a football by one of the individuals utilizing said device, said target loop being mountable to said cross bar within said first target area;
- and
- an arm element attaching said target loop to said cross bar and including a second coupling mechanism for both variably adjusting the distance between said target loop and said cross bar within said first target area as well as for selectively adjusting the position of said target loop along said cross bar between said upright members.

20. The device as claimed in claim 19, wherein said first coupling mechanism comprises a device having a plurality of apertures disposed along the length of said cross bar, a plurality of apertures disposed along the length of each of said vertical upright members, and a pair of removable attachment pins selectively interengageable with an aperture of each said upright member and an aperture of said cross bar.
21. The device as claimed in claim 19, wherein said second coupling mechanism comprises a device having a plurality of apertures disposed along the length of said cross bar, an elongated attachment pin projecting from said arm element and adaptable for engagement with one said cross bar aperture, and a plurality of compression clips disposed along the length of said attachment pin.
22. The device as claimed in claim 19, wherein said vertical upright members selectively project above said cross bar to further define said first target area.
23. The device as claimed in claim 19, wherein said cross bar and each said vertical upright member comprises a tubular element, each said upright being in the form of a pair of tubular elements telescopically interconnected to enable variable length adjustment thereof to vary the size and shape of said first target area.
24. The device as claimed in claim 19, wherein said target loop comprises an annular member disposed above said cross bar and defining an enclosed

target opening for the passage of said footballs, and wherein said second coupling mechanism further provides angular adjustment of the plane defined by said second target area relative to the plane defined by said cross bar and said upright members to vary the angle of attack of a football passing through said second target area.

25. The device as claimed in claim 19, wherein said device further comprises a target assembly having a support structure and a netting carried by said support structure for receiving a football passing through said target area, said target assembly being selectively movable and attachable to a ground surface to provide diverse football passing and kicking activity for individuals utilizing said device.

26. The device as claimed in claim 25, wherein the support structure of said target assembly is adjustable in height and width to provide a selectively variable target window, the netting carried by said adjustable support structure being of sufficient size and shape to cover the variable sized target window.

27. A method for playing and practicing a sport requiring the use of a projectile and one or more participants, said method comprising the steps of:
establishing a football goal post-like device having a pair of adjustable upright elements and a cross bar therebetween to define a first projectile target area;

providing a target loop member on said cross bar to define a second, smaller projectile target area within said first projectile target area; and

moving a projectile through said first projectile area and said second projectile area to a target on the opposite side of said target projectile area to practice and play the sport.

28. The method as claimed in claim 27, wherein said method includes the step of adjusting the vertical and horizontal positions of said upright elements and said cross bar to vary the size and shape of said first target area.
29. The method as claimed in claim 27, wherein said method includes the step of adjusting the plane of said second projectile target area relative to the plane of said first projectile target area.
30. The method as claimed in claim 27, wherein said method includes the step of adjusting the height of said target loop relative to the position of said cross bar.
31. The method as claimed in claim 27, wherein said target is fixed relative to said device.
32. The method as claimed in claim 27, wherein said target is movable relative to said device.

33. The method as claimed in claim 32, wherein said movable target is a participant.